

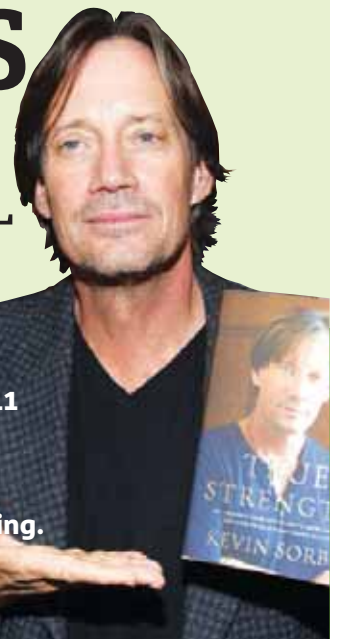


**FAST FOOD?**  
CHICKEN SOUP ON THE  
TABLE IN LESS THAN  
30 MINUTES {page 24}

**STAYING CHILD FREE**  
SAYING YOU DON'T  
WANT TO HAVE KIDS NO  
LONGER TABOO {page 19}



**HERCULES**  
TV STRONGMAN  
DETAILS PHYSICAL  
STRUGGLES {page 16}



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Monday, November 7, 2011  
www.metronews.ca



News worth sharing.

# Occupy critic's truck towed

► Tensions between demonstrators and opponents fuelled by vehicle's presence ► Camp on St. Patrick's Island to be torn down today ► Olympic Plaza group remains committed to cause



Choosing truck over tent, an Occupy Calgary opponent parked his vehicle on the sidewalk near the group's camp to shed light on a perceived double standard concerning city bylaws.

Cory Morgan, who also launched a petition last week to have the roughly three-week-old Occupy camp in Olympic Plaza shut down, arrived around 2 p.m.

Within 30 minutes, bylaw officers and police were on scene demanding the blogger and founder of the Alberta Independence Party move his vehicle or face penalty.

"In my view, it's a very direct parallel to what's been going on here,"

Morgan said, motioning to the camp.

"The only difference is (Mayor) Nenshi will allow this to happen for three weeks without any enforcement, but I am going to be arrested within an hour."

Nenshi told reporters Friday that negotiations with the camp are ongoing, but forcing demonstrators to move could violate their charter

## Truck occupation

► Signs attached to Cory Morgan's truck indicated humorous causes of his own, such as bringing back the television show Arrested Development. In the end, he was handed a \$200 ticket and faced further impound charges to recover his truck.

► City Ald. Diane Colley-Urquhart intends to bring forward an emergency notice of motion calling for the Occupy camp's closure during a city council meeting this morning. Demonstrators indicated yesterday that they would be in attendance.

► To see a video of yesterday's events, head to metronews.ca/calgary

rights.

Morgan's truck was eventually towed and he was fined. Police Insp. Darren Cave said the idling vehicle posed a potential hazard for emergency response vehicles.

"It shouldn't have been on there in the first place," Cave said. "Our officers showed great restraint ... at the end of the day, public safety is always what we intend to accomplish." ● JEREMY NOLAIS

Local

## Alcohol likely factor in crash

► Police point to intoxication in second fatal crash in as many weekends ► 23-year-old driver charged {page 3}



## Final show for theatre

Supporters hope to save historic Uptown Stage and Screen {page 4}

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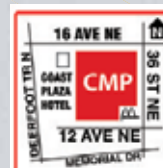
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## First 30 days for Premier Redford

New Alberta Premier Alison Redford's government officially turns one month old today.

It has been 30 days of whirlwind change matched by hallway snickers and Internet jokes about whether it's a government taking flight or whether it's just plain flighty.

"It's early days, so one should cut her a bit of slack, but the first month has been disappointing," said political scientist Doreen Barrie at the University of Calgary.

"She promised this administration would bring a breath of fresh air, but I think there's a familiar sour smell around her."

Since being sworn in as premier Oct. 7, Redford has stripped the gears on the government's car, slammed some of predecessor Ed Stelmach's policies into reverse and rammed new ones into overdrive.

It began with a bang on Oct. 12 when she restored \$107 million that had been cut from school budgets.

And she's put the wheels in motion to deliver on other pledges.

Two controversial high-voltage power lines are on hold pending a review of whether they're needed.

Proposed legislation on stiffer fines and penalties for drunk drivers and those caught close to being drunk may come as early as the resumption of the fall sitting Nov. 21. A bill setting a fixed election dates is to pass before Christmas.

THE CANADIAN PRESS



► Skid marks and cracked concrete were visible on McKnight Boulevard near Deerfoot Trail yesterday afternoon following an early-morning collision that killed two people.

# Crash that killed two 'isn't fair': Police

► For second consecutive weekend, alcohol likely a factor in a deadly accident ► Debate continues over proper impairment laws in Alberta



JEREMY NOLAÏS  
@METRONEWS.CA

Intoxication is being fingered by Calgary police as a prime factor in a high speed, rear-end collision yesterday that killed two individuals.

The incident was the second fatal crash likely involving alcohol in as many weekends on city roads as debate endures over whether Alberta needs to firm up its impaired-driving laws.

According to police, yesterday's incident happened around 1:40 p.m. at the in-

tersection of McKnight Boulevard and Deerfoot Trail. A westbound Dodge Avenger was stopped at a red light when it was struck by a Lexus GS300 travelling at high speeds.

The force of the impact sent the Avenger forward 51 metres and killed its 27-year-old male operator. A 24-year-old female passenger was transported to hospital where she later died.

"There's more victims than just the two," said police Insp. Shawn Wallace. "You have to also consider their friends and family. It truly isn't fair for any of them."

A passenger in the Lexus was taken to hospital with minor injuries while the driver was arrested on site and later charged.

As word of the tragic incident spread around Alberta yesterday, supporters and critics of moving the province's impaired-driving limit to .05 from .08 sounded off on social media.

Premier Alison Redford has made it clear she favours strengthening the legislation, but yesterday it was her prime political opponent, Wildrose Leader Danielle Smith, who engaged in Twitter discussions on the matter.

### Driver charged

► The 23-year-old driver of the Lexus has been charged with impaired driving causing death and dangerous driving causing death in connection with yesterday's crash. He as well as the two victims travelling in the Dodge Avenger have not been identified.

"I wonder if the (government) is going to consult with anyone before bringing in legislation," Smith tweeted. "Seems like a lot of unanswered questions here."

# 1

  
news


The families of workers killed by exposure to asbestos are begging the Quebec government not to finance the revival of an asbestos mine. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at  
metronews.ca

The Canadian equestrian community is mourning Hickstead, a horse that helped rider Eric Lamaze win a pair of Olympic medals. Video at metronews.ca/video

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04

metro

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MONDAY, NOVEMBER 7, 2011

# Supporters aim to keep films rolling

- Historic theatre shuts its doors over the weekend
- Facebook page set up to try and 'Save the Uptown'



**JEREMY NOLAÏS**  
@METRONEWS.CA

Movie and music buffs are joining forces in hopes of reopening a longtime Calgary theatre and concert venue.

The Uptown Stage and Screen held its final screenings for the foreseeable future over the weekend before shutting its doors to contend with an ongoing legal battle involving the building's landlord.

Operators of the theatre, which opened in 1951, could not be reached for comment yesterday, but a statement posted on its website claims the landlord has not followed



► Lindsay Meads is seen at the closed entrance of The Uptown Stage and Screen.

through on a provision to provide reliable heat and maintenance.

The closure will also impact the Marquee Room, an intimate concert venue inside the same building.

"It's hard to take," said 15-year Uptown visitor Lindsay Meads. "It's one of those few historical buildings that Calgary doesn't

have too many of."

Fellow attendee Dave Cunningham said losing the facility permanently would be "catastrophic" to the city's indie- and foreign-film scenes.

If necessary, Meads said the group would look into drumming up financial support through private donors.

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##### Thursday, Nov. 17

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## Ottawa protester claims he was scammed at camp

A vulnerable young man who says he was conned into putting a \$600 on his credit card will likely get his money back after he spoke up about the fraud this weekend.

Kader Diabate, a 19-year-old Occupy Ottawa protester, said a man who was also staying at Occupy camp offered to get him a free phone and took him to the Telus store at the Rideau Centre last Saturday.

"But actually the phone wasn't free," he

said.

Diabate used his credit card, but the phone wasn't set up in his name and when the fraudster returned to the camp he kept the phone.

The man promised to pay Diabate back but left the camp a couple of days later without paying and now is nowhere to be found.

Diabate filed a police report and spoke with a Telus representative on Saturday.

● JESSICA SMITH IN OTTAWA

## Halifax protesters hold ground

Nova Scotia protesters remained in Grand Parade yesterday, even though Mayor Peter Kelly had asked they be out of the area by Saturday night for the upcoming

Remembrance Day and Dignity Day ceremonies.

"We're making a political statement by staying longer than the 6th," said John Thibeau, a spokesperson for Occupy Nova Scotia.

The occupiers say they will completely vacate in time for the ceremonies on Wednesday. ● METRO

# Occupy party over for mayor

► Vancouver mayor has instructed city officials to look at closing the site safely and peacefully

► Woman's death points to camp safety risk

The death of a woman at the Occupy Vancouver camp means the site has become so unsafe that it must be shut down as soon as possible, says Vancouver's mayor.

The 20-year-old woman was found unresponsive in a tent at the site in front of the Vancouver Art Gallery on Saturday afternoon, two days after a man suffered a non-fatal overdose at the encampment.

"There is a serious problem here and we want to address it urgently," said Mayor Gregor Robertson. The woman's death is tragic and is also upsetting for him because he has a 20-year-old daughter, he said.

Occupy Vancouver supporters tried to drown him out as he spoke to reporters, with one woman



shouting that at least his daughter has a home.

"I think the protest on the really important issues that many of us are passionate about is being under-

mined by a tent camp and the issues around the right to camp on public space, which is really unfortunate," Robertson said.

THE CANADIAN PRESS

### Occupy issues

Robertson said the city is looking at a number of options that includes a possible injunction to end the encampment.

- The fire department has ordered campers to take safety precautions such as spacing tents further apart, but their words have been ignored.
- Vancouver police won't release the woman's cause of death or her identity as they try to contact her family.
- But, several people at the protest site said she died of a drug overdose and heckled the mayor over public funding.
- The Occupy Vancouver site has become a major issue in the lead up to this month's civic election as Robertson vies to keep his job.

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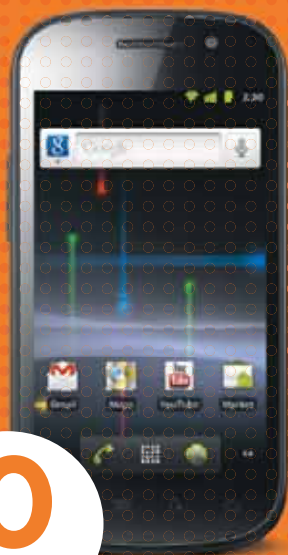


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# Tax files missing

## ► CRA auditor took thousands of unencrypted files home

The confidential tax files of almost 2,700 Canadians are missing after a Canada Revenue Agency worker took them home and let a friend download them to a laptop.

The laptop has disappeared, the agency is scrambling to rewrite its security protocols and the privacy commissioner is asking why no one alerted her to the breach.

The major breach occurred in early 2006, when

an auditor in the agency's Toronto office asked a government computer technician to download 37,488 of her emails and 776 documents onto 16 CDs. The confidential material covered the years 2000 to 2006, and was not encrypted as required by agency rules.

The woman took the CDs home, and allowed a male friend to copy at least one of them to a laptop.

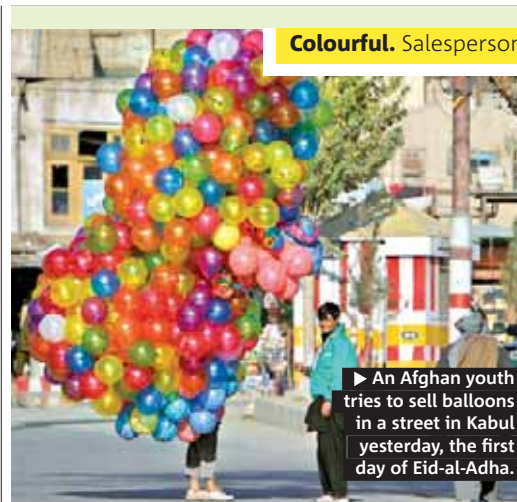
The breach only came to

### ATI request

► The investigation report, along with related documents, was obtained under the Access to Information Act.

light when the woman produced the CDs during a grievance hearing before the Public Service Labour Relations Board in 2008.

THE CANADIAN PRESS



Colourful. Salesperson

► An Afghan youth tries to sell balloons in a street in Kabul yesterday, the first day of Eid-al-Adha.

MUHAMMAD MUHEISEN/THE ASSOCIATED PRESS

## Muslims around the globe celebrate Eid

Eid al-Adha is an important religious holiday celebrated by Muslims worldwide to commemorate the willingness of Prophet Ibrahim to sacrifice his son as an act of obedience to God.

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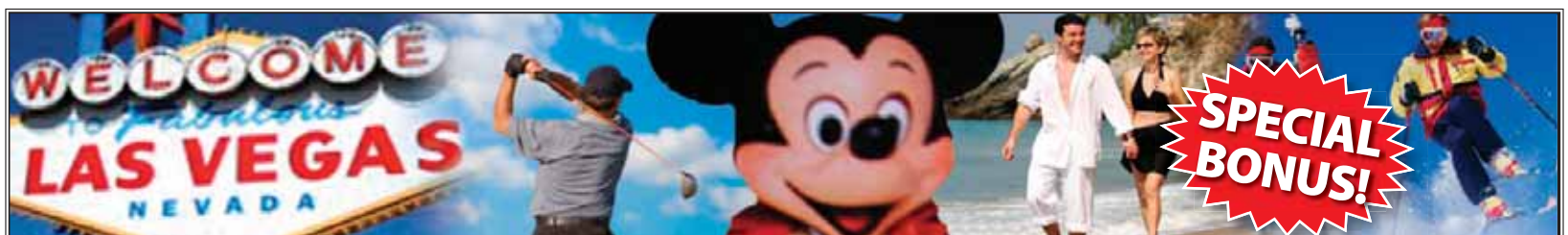
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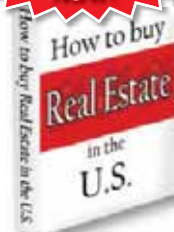


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# United government in works for Greece

- Prime minister says he won't be leading the way
- Government survived confidence vote Saturday

Greece's embattled prime minister and the head of the main opposition party reached an initial agreement last night to form an interim government that will ensure the country's new European debt deal and then lead Greece to early elections.

The announcement came after President Karolos Papoulias chaired crisis talks between Prime Minister George Papandreou and opposition leader Antonis Samaras, capping a week of drama sparked by Papandreou's announcement he was taking the debt deal to a referendum. He withdrew the plan Thursday after intense opposition from European leaders and his own lawmakers.

Greece is anxious to reach an agreement quickly. A meeting between the premier and Samaras today will discuss who will act as interim prime minister and the makeup of the cabinet. Papoulias also would chair a meeting of the heads of all political parties.

Faced with open rebellion from his own Socialist lawmakers and pressure to resign, Papandreou said he would step aside if an agreement could be reached securing the new European debt deal and the disbursement of a vital bailout-loan instalment without which the country will default within weeks. Samaras said he would only sit at the negotiating table if Papandreou resigned

## Market moment

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first, leading to a stalemate broken by Papoulias' calling both sides to the meeting. **THE ASSOCIATED PRESS**

Crude. Facsimile



► Demonstrators march with a replica of a pipeline during a protest against the Keystone XL Pipeline outside the White House yesterday in Washington.

EVAN VUCCI/THE ASSOCIATED PRESS

## People against pipelines

Thousands, including Nobel laureate Jody Williams and movie star Mark Ruffalo, protested yesterday, trying to convince U.S. President Barack Obama to block a \$7-billion project to carry Alberta oilsands crude through six American states.

## Hefty severance for media CEO: The Guardian

British newspaper The Guardian is reporting that

media baron Rupert Murdoch paid former News International chief Rebekah Brooks \$2.7 million US and the use of an office as part of her severance package.

It also said the CEO of the now-closed tabloid News of The World was also granted access to her company limousine and driver for two years. **THE ASSOCIATED PRESS**

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# WHEN THERE'S NO RIGHT TO SUNLIGHT

## URBAN COMPASS

JANICE PASKEY  
METRO CALGARY



Let there be light. Or not.

Like you, I've watched plans to densify the city.

It's all part of a plan to make delivering city services cheaper to more residents.

That makes sense. But there will be winners and losers. I've seen the unfair moniker NIMBY pinned on residents who don't want:

- more noise,
- more traffic,
- diminished property values,

— loss of light owing to shadows of tall buildings. All are valid arguments. Yet, it's the light that intrigues me.

I read through an appeal decision in my neighbourhood (yes, someone has to do it).

It concerns a four-storey condo development adjacent to average homes. The property got rezoned without any resident input, and once the development application came, neighbours had a host of concerns, including the loss of light.

The board wrote: "With respect to views and sunlight, the (appeal) Board notes that under Alberta law there is no right to sunlight or protection of views."

No right to sunlight? That pretty much disses residents, and undermines basic human needs.

We are not dark dwellers.

Got some cash? You'll find yourself a house on a hill, with a view of the mountains and a whole lotta sunlight.

Yes, some communities fend off large developments based on something called Area Redevelopment Plans (ARPs). They are hideously complicated to implement, and the city will fend you off if you want one. Yet, lack of an ARP means the city will use that against you, including stripping you of light.

So you'll call someone a NIMBY because they don't want their house in line of a dark shadow? Actually, I consider NIMBYs as a group to be celebrated. The residents care. Deeply. They coach teams, support schools, report crime. If city planners haven't drained them of will to try and defend their neighbourhood.

Community-association planning committees also get criticized.

But consider the city only refers files when the developer has asked for "relaxations" or has broken the rules. Then the CAs say, no, thank you, and get branded as crazies for asking the city to align with its own best-practice policies.

Developers request and receive height relaxations. Many times, the building is already built. Oops, gotta give a relaxation. Has anyone added the numbers of these up? We should.

After all, citizens have no right to light, or views.

Don't blame them for balking. You would too. If you could see the light.

# Kicking self-esteem into high gear with GirlPower

## NEWS WORTH SHARING

*Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.*

A Calgary-founded program

called GirlPower is making a difference in the fight against bullying and in teaching tweens how to form positive friendships, identify unhealthy ones and stand up to bullies as early as Grade 1.

"GirlPower is a program designed to help girls understand girls," says founder Dana Kerford, a teacher and mother. "The goal of the program is to in-

spire tween girls to feel empowered, develop a strong sense of self and love themselves while learning to manage the most important things to them — their friendships."

From the playground to the world of social media, Kerford is helping young girls navigate their most vulnerable years surrounded by friends who treat them with kindness and re-

spect.

Educators can visit [urstrong.com](http://urstrong.com) for info on how to integrate GirlPower into a health lesson, start a GirlPower club or conduct a workshop.

● CRAIG AND MARC KIELBURGER

*Send your stories of local heroes and positive action to [goodnews@metowe.com](mailto:goodnews@metowe.com) and we will share them right here.*

## Tweets

- @LakeatLarge: TONS of puppies at #yyc SPCA. Get here fast though. Mostly lab/border col. X - don't forget older guys too!
- @ReaFaceToFace: The burger lunch special at Simply Good Eats at the Calgary Farmers Market is a good deal. The naan next door is phenomenal. #yyc
- @miketrembler: Down to 10 in line in front of me at Deerfoot #walmart. Another 10 behind me stretching back into the clothes section. Brutal. #yyc
- @LaruenNicSmith: I want to be a secret shopper in Calgary! #yyc because really these companies need help!
- @rebel7MOTS: Serious upgrades to the c-train communication system #yyc. Now the platform tells you how long til the next train. And its accurate. Nice.
- @BrianaSqueeze: Depressed, homesick, and hating #yyc right now. I hate being so far from everyone that matters in life :(
- @CalgaryNetworks: I've never tweeted while #drunk, but came close...Anyone want to tell about the worse #Tweet that got away? #YYC



## photo of the day



► This photo titled Autumn Wait at the Banff Train Station was submitted to the Imagination category by stcarson.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at [metrophotochallenge.com](http://metrophotochallenge.com). The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.



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2

scene

## Scene in brief



Puss in Boots earned \$33 million in its second weekend, according to studio estimates Sunday. Tower Heist starring Ben Stiller and Eddie Murphy palmed \$25.1 million in the No. 2 spot, while A Very Harold & Kumar 3D unwrapped \$13 million at No. 3.

THE ASSOCIATED PRESS



Marvel bringing most of its titles to digital the same day they go on sale in shops in 2012.

# Love on the rocks

► Move over Kim Kardashian. Musical uncouplings are taking centre stage, with a number of breakups announced over the last month ► Singing about love doesn't mean you're good at it



PAT HEALY

SCENE@METRONEWS.CA

METRO WORLD NEWS IN BOSTON

While Kim Kardashian runs unchallenged for most important divorce in the universe, elsewhere in the entertainment industry there have been a few other quiet uncouplings that are no less newsworthy.

In mid-October, Sonic Youth figureheads Thurston Moore and Kim Gordon announced that they're separating after 27 years of marriage. Last week, actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation after two years of marriage.

For some reason, musical romances seem to be more legitimate than Hollywood marriages. Perhaps because the resumé bullet points of a songwriter include exploring the essence of love and giving hope to the masses. And when those people find love in their own personal lives, it makes everyone happy.



► Actress and She & Him singer Zooey Deschanel and Death Cab for Cutie singer Ben Gibbard announced their separation last week after two years of marriage.

But musical couplings seem rife with hazards and a history of rock relationships being, well, rocky.

Within the pop pairings there are more Bobby Brown and Whitney Houston examples than there are successful ones like Arcade Fire's Win Butler and Regine Chassagne.

If both partners are leaders in their bands,

they obviously have strong personalities. And if they're in the same band, that's even more challenging.

Glen Hansard and Marketa Irglova made a lovely musical couple in the movie Once, and in their band, the Swell Season, the pair made a convincing case for the existence of true love. But when we spoke with Hansard a few

years ago, he said the romance route was not productive for their art: "We kind of tried it out, and decided it wasn't for us."

Blake Hazard and John Dragonetti continue to shine as a beacon of wedded hope. In their band, the Submarines, they lyrically lay out their quarrels.

"Without getting into it too much, it's been up and

## 'Rock Wit U'

Other musical couplings still going strong:

- Alicia Keys and Swizz Beatz
- Ryan Adams and Mandy Moore
- Jason Hammel and Kori Gardner of Mates of State
- Ira Kaplan and Georgia Hubley of Yo La Tengo
- Bruce Springsteen and Patti Scialfa
- Elvis Costello and Diana Krall

down," said Dragonetti when we spoke to him this past spring. "We're trying to figure it out. It gives us stuff to write about."

Hazard chimed in, "I don't think there's quite a way for writing about things without pulling any punches."

Bethany Cosentino of Best Coast, who dates Wavves singer and guitarist Nathan Williams, told Metro last year that the hardest part of dating another musician in the spotlight is the public's perception.

"It's not like we were like, 'Oh hey, we both play music, let's start dating,'" she said. "We've known each other for five or six years."

## Clooney steers clear of politics

George Clooney won't be making a bid for the White House anytime soon, at least according to his dad.

"I don't know whether he will even run for president," Nick Clooney says in an interview with Ireland's RadioOne.

The elder Clooney thinks his own experiences running for office might have soured his son

on the prospect.

"I know he closely followed my race for the U.S. House of Representatives in Kentucky, but he didn't like what he saw," Nick says. "He understands compromise but I don't think he's comfortable with the level of compromise involved in politics."

My guess is he will not run for elective office."

► METRO



► George Clooney

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# Have a novel November

- Feel like there's a book or two tumbling around inside your head?
- Special website supports aspiring authors through the creative process



How's this for a novel concept? Write a novel in a month, starting today. That's exactly what a quarter of a million people will do as part of National Novel Writing Month.

NaNoWriMo began with 21 writers in the summer of 1999, and each year, the participants grew exponentially, from 5,000 in 2001 to the 250,000 reportedly registered on [nanowrimo.org](http://nanowrimo.org) for this year.

Headquartered in San Francisco, NaNoWriMo is all about "quantity not quality." In other words, they want you to write without thinking. At the end, you'll have 170 pages of material you can edit.

It's also a chance for

those who have always wanted to write but constantly put it off, to be motivated by the looming Nov. 30 midnight deadline.

Since the first month in 1999, more than 140,000 novels have been written, with more than 100 of those getting published.

Sara Gruen wrote the No. 1 New York Times best-seller *Water For Elephants* as a NaNoWriMo novel.

So without the NaNoWriMo site, the world might have never seen Robert Pattinson paired with Reese Witherspoon in the major motion picture adaptation.

Though donations are encouraged, there is no fee to participate in the project, and in December, visitors to the site can read the work of writers who met the minimum 50,000 word count.

Now let's get you started.

## Week 1:

Write at least 1,700 words or more a day to get off on the right, inspired foot.

Concentrate on writing without thinking and get out of the habit of going over every sentence.

Wake up early and write, as opposed to waiting until nighttime.

Develop definite characters with solid backgrounds.

## Week 2:

By the beginning of Week 2, you should have already figured out the conflict and have begun to lead the characters to it.

NaNoWriMo suggests 22,000 words by the weekend, but you'll aim for 25,000.

Start to think about the

## The writer's process

It is possible to write a novel in one month.

► The question you should be asking is, is it possible for you to do it? You have an idea in your head of some of the characters, but other than that, you have absolutely no idea where this story will go.

► However, the idea of writing without a plan excites you. If you don't have an outline of a story, you should at least have an outline of the next four weeks.

future of the story: Where will these characters go and how should it affect their actions in this point of the novel?

Week 3:



► Take breaks — putting pen to paper can be exhausting... and rewarding.

A conflict should be developed and actions should be leading up to this point

Try to stay positive: It's half over, and your sleep pattern will be normal again soon!

Main goal: Write as much as you can as the last week (and the holiday season) approaches.

## Week 4:

One week left means your characters will most likely

be at or going through the climax of the novel.

The next question on your mind will be: How will this end? Your (hopefully tiny) bit of procrastination will probably show through at the end of this week, so you'll aim for 2,000- to 5,000- word days

Hit 50,000 words and submit your novel to the website by midnight on Nov. 30. Get a book deal, Fame ensues!

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MONDAY, NOVEMBER 7, 2011

# Sorbo breaks his silence

► Hercules actor details physical struggles in new book **True Strength**



**MEREDITH  
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METRO WORLD NEWS IN NEW YORK

As the title star of *Hercules* in the 1990s, Kevin Sorbo was known for his strength and vitality. But off-camera, he hid a deep secret: His abilities had been severely limited since falling victim to an aneurysm and multiple strokes — in one day — in 1997. Now, 14 years after the illness that nearly killed him, he is breaking his silence in a new book, *True Strength*.

"I'm one of those guys — even in college, you have paper due at the end of the semester and I wait for the last week. It had just gotten to a point where I said, 'You know what? I just have to do this,'" Sorbo says of his decision to write the book now.

Coming clean about his strokes was "strange," Sorbo says, because the *Hercules* studio had tried to keep them under wraps for years. Stunt doubles were hired and scenes were rewritten around the star. Sorbo says he was "immediately grateful" for the smoke and mirrors.

"They let out the aneurysm," he says.

"It was all over the news, so people knew that I was sick. But the studio still had two years left in my contract and they wanted to go another three years beyond that because it was the most watched show in the world. I didn't want anyone to know that this guy who was larger than life, playing this big superhero guy — I thought that I was *Hercules* in a way and then I would suddenly go to 90-years-old overnight.



► Kevin Sorbo

"It was tough for my ego. I thought that my life was over and that I would be in a wheelchair for the rest of my life. So I'm really grateful to the studio for working around me to get through an episode without me."

And yet, despite the de-

bilitation, Sorbo made *Herculean* efforts to get back on his feet.

"I'm a very strong-willed person and I have a very driven personality," he says.

"When they told me that this was what I had to do to get better, I would do 10 times more than that. I pushed myself. I would throw myself into the situation and tell myself, 'Hey, no pain, no gain.' I looked at this as a gift and decided to accept it.

"Initially, it made me mad, but after a while, I got it. It changed my life completely. I became a much more patient person. I became a far more compassionate person and that's why I wrote the book."

These days, the actor says he's feeling good, despite frequent migraines and some dizziness when he overdoes his workouts.

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# Three things to know about 007's Skyfall

JOEL RYAN/THE ASSOCIATED PRESS

There was a time last year when the future of the James Bond franchise was in more danger than 007 himself: The studio behind the movies, MGM, teetered on bankruptcy, leaving the series in limbo. But Bond 23 — now officially called Skyfall — is a go. “We start shooting today,” announced Daniel Craig from a press conference in London on Thursday. Among the top facts confirmed:

## 1. The title!

Although previous titles have referenced creator Ian Fleming's works, Skyfall is apparently brand new, with no connection. Perhaps it's meant to evoke the Transformer with the same name. 007 versus the Decepticons? No:

“It has emotional context, which will be re-



► Actors Berenice Marlohe, left, Daniel Craig, and Naomie Harris star in Skyfall.

vealed in the film,” said producer Barbara Broccoli.

2. Villain Javier Bardem is a softie in real life.

“One of the most beautiful memories I had as a kid was going to see all these

movies,” said the badass from No Country For Old Men.

3. And perhaps, most important: Will Craig and Bardem take off their shirts?

“Damn right,” said Broccoli. **METRO**

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# SEARCHING FOR IMMORTALS

## Word Search

Hidden in the maze of letters are the names of 13 of the main characters from **IMMORTALS**, which opens everywhere November 11. They run in all directions, forward, backward, up and down and diagonally.

A clue, the character played by Mickey Rourke - **King Hyperion** - gets top billing.

Other characters you are looking for are:

<b>Apollo</b>	<b>Lysander</b>	<b>Priestess</b>
<b>Athena</b>	<b>Minotaur</b>	<b>Stavros</b>
<b>Cassander</b>	<b>Phaedra</b>	<b>Theseus</b>
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## Speaking of babies...

Though she denied her pregnancy as long as she could, Jessica Simpson is more than happy to talk about it now.

She tells Us Weekly that she and fiancé Eric Johnson are "both thrilled" about the impending arrival.

"We can't wait to meet our baby," Simpson says.

A source adds that the singer is "very, very excited about the pregnancy. Family is really the most important to her."

● METRO



# Did baby mama claims drive Biebs and Gomez apart?

- ▶ Justin's camp on damage control
- ▶ Selena's rep denies the breakup

Selena Gomez has reportedly split from Justin Bieber over allegations that he fathered a child with a 20-year-old fan, according to Radar Online. "Selena ended it abruptly," a source says.

"His camp is in damage control mode and attempting to convince her to stick around in the relationship for a few more weeks because they fear it will be seen as an admis-

**"Selena ended it abruptly."**

-SOURCE

sion that something indeed took place between Justin and the woman who is alleging that he's the father of her baby."

Coincidentally, a rep for Gomez was quick to follow up, telling Us Weekly that the breakup rumours are completely untrue. ● METRO



▶ Back in happier times: Justin Bieber and Selena Gomez

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## THE CAUSE OF BIEBER DRAMA

### THE WORD

DOROTHY ROBINSON  
SCENE@METRONEWS.CA



It looks like Mariah Yeater, the woman claiming to be Justin Bieber's baby mama, has a rap sheet.

Here is a booking photo, taken last year on Dec. 21, in Las Ve-

gas, when she was arrested for battery domestic violence, injury/destroying property and threatening telephone calls.

The reason for the hubbub? Apparently Yeater showed up at an old boyfriend's home, claiming she was pregnant by him (it is assumed it is the same baby that she later claimed Bieber fathered).

A fight broke out, Yeater assaulted the guy, and she was arrested, according to

TMZ.com.

Of course, this doesn't mean Yeater isn't telling the truth about Bieber but it certainly puts a dent in her credibility.

There is no word on when the paternity test is scheduled for but maybe instead of blood work, they should just see if that baby can dance like Usher?

That should settle things.

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▶ Mariah Yeater



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# Child free & coming out: Not having kids is a choice

► With the population at 7 billion, do we really need more kids in the world? ► Saying you don't want to have children is no longer taboo ► More people are choosing to stay child-free



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**EMMA E. FORREST**  
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As the global population hits seven billion, it's never been a better time to think about whether you really want to bring another person into the world.

Fortunately, in the 21st century, more and more people are seeing parenting as an option rather than an obligation.

"The percentage of women who reach the end of their childbearing years

without kids in the U.S. is around 20 per cent now compared to 10 per cent in the 1970s," says Dr. Ellen Walker, author of *Complete Without Kids*.

She also cites declining birth rates in the West, as well as China and Japan as evidence.

"For me, at age 50, I'm still quite an outsider with my peers, but a woman in her 30s who has chosen to be childfree will have more women her age who are in the same boat."

There are hundreds of reasons for not having

kids, from the cost of raising a child, lack of support network to concerns about the ecological impact of adding to an overpopulated world.

The global recession is also a factor. "Many people are concerned about the current and future state of the world and deciding that this is not a place they want to bring children into," says Walker.

It's also a result of openness in society.

Choosing to be childfree is not only becoming a more popular life choice,

but unlike their predecessors, the new generation of DINKS — dual-income, no kids couples — don't feel awkward talking about it.

"People are talking openly about the decision and actually viewing it as a choice, rather than an essential life step," says Walker.

"I'm seeing that women in particular are realizing that we can't do it all, and that it's OK to choose either mothering or career and to walk away from the other."

Where parents see rais-

ing decent children as their legacy and purpose in life, DINKS channel their energies into projects, charity work, hobbies or volunteer work.

"I encourage child-free adults to take time to consider this legacy question carefully," says Walker.

"If you're not a parent (in a world in which this is still the norm), it's critical to find your own purpose.

"Otherwise, you will likely find yourself having regrets at some point about not having had kids."

3  
life

## Kids & colds



With cold and flu season starting, The Canadian Paediatric Society is issuing some frank guidance about how to treat kids' colds.

Its message: Cough and cold medications aren't advised for children younger than six, and other options like echinacea haven't been proven to prevent or mitigate colds in children.

In fact, it says, there's little that is truly useful except fluids, time and TLC.

THE CANADIAN PRESS



New app called ShoeBox allows you to use your iPhone as a photo scanner.



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# Growth from grassroots

► Neighbourhood giveaways on Freecycle Network go global; nearly 9 million members ► Are you up for free?

OFFER. WANTED. TAKEN.

With those three words, Deron Beal of Tucson, Ariz., helped move the yard sale online, only with no money changing hands.

Beal is the founder of The Freecycle Network, or Freecycle.org. It's a grassroots gifting network that — thanks to the sour economy and a growing commitment to the environment — has transformed into a global movement of millions offering, wanting and taking all manner of stuff.

Staffed by volunteer moderators and loosely overseen by Beal, Freecycle aims to let you share your old TVs, clothes, broken blenders, tire chains and moving boxes with people nearby, using email groups at Yahoo! and on the net-



## Freecycle

It can be touch and go if you want to move something fast.

► **Items** Beds, garment bags, hangers, aquarium pumps, coffee makers, bicycles, toys, cribs, toasters, those paper wrappers for coins, air purifiers — the variety is endless. Some of it works, some of it doesn't. Some of it goes quickly and some might not go at all.

work's website.

There are nearly 5,000 Freecycle groups with about nine million members in more than 70 countries. Not bad for a guy who was simply trying to keep perfectly good stuff

out of landfills, or find homes for stuff charities don't take, in his own community. Freecycle can be effortless for people who can leave their old magazines, kitchenware or larger items on a porch for

pickup, but it can generate a lot of email and suck up more time in larger locales as giver and taker try to untangle their schedules and decide where and when to make an exchange.

There's no real naviga-

tion at Freecycle. You sign up, wait in some cases to be approved by a moderator, and decide whether to take individual emails, daily digests of offerings or read the list online only.

Beal got the idea for

Freecycle while working as a recycling co-ordinator for a non-profit in Tucson. The organization offered jobs to men in shelters to do concierge recycling by picking up things like old computers and office tables at shops, restaurants and other companies, then try to find homes for them at other non-profits.

"We had this old beat-up pickup truck, and would load up the pickup and drive from one non-profit to the next to see who could use this stuff. It was crazy, and taking way too much work to find new homes for perfectly good stuff," he said. "So I set up an email group, where anybody interested could join and they could pick it up themselves."

**THE ASSOCIATED PRESS**

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# FINDING THE KEY TO RECYCLING

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back to you, and fast.

Since you'll be collecting and dropping off a bunch of office keys, make the trip worthwhile.

Extend your collection to the "extra" keys your co-workers are toting around.

Too many of us are weighed down by keys and we don't even recall what they're for.

Ask your co-workers to scour drawers and key-chain holders at home.

Once you find a metal recycler, it doesn't hurt to give them a call to confirm that they accept keys. One option I found is David's Trading and Supply Ltd. in Vancouver.

They accept stainless steel, brass, coppers, aluminum and more. Check out [davistrading.com](http://davistrading.com).



David  
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# Log in, learn from the best

► Technology connects Canada's top minds with remote classrooms ► David Suzuki pays students a virtual visit

Jacob Desender was brimming with curiosity as he approached the webcam to address a question to one of Canada's leading scientists.

The 12-year-old from a Manitoba farming community had always been intrigued by the cause of global warming and wondered how his classroom's virtual guest speaker would answer his query.

What he didn't expect was for David Suzuki to turn the question around and promptly ask, "What do you think?"

The real-time dialogue that ensued took place before about 6,000 students scattered in classrooms from Nova Scotia to Nunavut and left Desender in awe.

**"I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted... It was actually quite awesome."**

**JACOB DESCENDER  
12-YEAR-OLD STUDENT**

Scientists of Suzuki's international stature don't frequently stroll through his hometown of Marquette, Man., he said, adding modern technology allowed him to make the most of a learning opportunity unlike anything he'd experienced before.

The virtual encounter with Suzuki set him



► Students and teachers participate in David Suzuki Virtual Classroom at NFB Mediatheque in Toronto. The real-time dialogue demonstrates one way technology can bring sophisticated new education tools into some of the country's more remote communities.

straight as to the cause of global warming, which he had long believed was simply a natural part of the

planet's evolution and not a function of human activity.

"My family had been looking for an answer for so long, we just wanted to hear the truth," Desender said in a telephone interview. "I think I got the honest truth, and I actually gained the answer from someone that high-profile and that trusted. . . . It was actually quite awesome."

Suzuki's virtual visit was the brainchild of the National Film Board, whose videos and documentaries have long been a staple of the traditional classroom environment.

Kristine Collins, manager of the board's national education program, said

the idea emerged from a partnership with the David Suzuki Foundation, which was seeking a creative way to promote an autobiographical film of its founder's life entitled *Force of Nature*.

By leveraging the web-conferencing technology the foundation had at its disposal, Collins said the NFB saw a golden opportunity to bring Suzuki's life story and environmental message to thousands of Canadian middle and high school students.

Geographical scope was key to the project's success, Collins said, adding rural and northern communities are too often cut off from the sort of educa-

tional resources urban schools take for granted.

"The response from the remote communities has been most surprising for me," she said. "I didn't know they'd have the technical capacity for this sort of thing, but also the thirst for this sort of experience. They never get to do stuff like this."

About 200 schools paid \$129.95 to gain access to the DVD, accompanying study materials and the webcast, Collins said, adding the price was at least a 10th of what it would cost to bring a speaker of Suzuki's reputation on board to address students in person.

**THE CANADIAN PRESS**

## Small snags

While web technology offers promising opportunities to expand educational opportunities in more isolated communities, technical challenges remain.

► NFB National Education Program Manager Kristine Collins said poor technical infrastructure in remote areas would bar certain communities from taking part in virtual classrooms, a problem the board hopes to address as it considers initiatives to pursue in the future.



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# Nothing will get in his way

► Restaurant owner Jason Graca was adamant from a young age that he would live a life without limitations

## TURNING POINT

TERESA KRUIZE  
LIFE@METRONEWS.CA



Jason Graca was five years old when he stared directly into his Dad's video-camera and announced, "I want to be an entrepreneur when I grow up."

Graca was born with cerebral palsy but he always looked beyond his wheelchair and was certain that a whole world of opportunity was waiting before him.

Three long years of saving, sacrifice and putting some money into the bank



► Jason Graca has got plenty to smile about.

and Jason began to visualize his future as an entrepreneur.

"I cut back on all the fun stuff," he says with a laugh.

After researching business opportunities, Jason

bought an existing restaurant in London's Covent Garden Market.

Honouring his Portuguese roots, Graca gave it an ethnic twist and renamed it Manito's Rotisserie.

**"I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."**

JASON GRACA  
OWNER OF MANITO'S ROTISSERIE

It quickly became a hit and now Graca is looking at franchising his business.

He has a message for anyone with an idea and the dream of being their own boss.

"Don't give up on your dreams because you've got extra obstacles. I think the key is perseverance and stubbornness to be honest.

I live my life with no fear. Sometimes people think you shouldn't do it but I just go ahead and do it anyway."

### Jason's tips

#### Cooking up success

- Passion is the driving force behind entrepreneurship. It keeps a person going during long nights and hard times.
- Persevere. A business

owner can't do everything right all the time. Learn from your mistakes and turn them into successes.

- Study your failures. I'm still learning new things every day.
- Have a great team around you. It's essential to have good people to talk to and bounce ideas around — good or bad.



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# Dinner — on the run

► It's one of those busy nights with hockey practice and a ballet recital, but you still want to serve something homemade ► Try this hearty, speedy soup

## DINNER EXPRESS

EMILY RICHARDS  
FOOD@METRONEWS.CA



Needing a warm bowl of chicken soup and having the time you need to make it often don't coincide.

Which is why this quick chicken noodle soup is on the table in under 30 minutes. The trick is to use mostly prepped ingredients, such as rotisserie chicken, frozen peas, carrots and corn, and prepared broth.

### Preparation:

**1** Remove meat and skin from chicken; discard skin and bones. Use your fingers to pull any large pieces into bite-size chunks; set aside.

**2** In a large saucepan over medium-high, heat oil and add onion, garlic, cumin, paprika and thyme; cook for about 5 minutes or until starting

to brown. Add frozen vegetables and cook for 5 minutes. Add broth and bring to a simmer.

### Speedy Chicken Noodle Soup



► This recipe makes serves six.

### Ingredients:

- 1 kg (2-lb) rotisserie chicken
- 30 ml (2 tbsp) olive oil
- 1 onion, diced
- 1 clove garlic, minced
- 2 ml (1/2 tsp) cumin
- 2 ml (1/2 tsp) smoked paprika
- 5 ml (1 tsp) dried thyme
- 500 g (1 lb) frozen mixed vegetables (such as peas, carrots and corn kernels)
- 2 L (8 cups) chicken broth
- 250 ml (1 cup) elbow pasta
- Salt and black pepper
- 125 ml (1/2 cup) chopped fresh parsley

**3** Add pasta and cook for 7 to 8 minutes. Add chicken and return to a simmer. Season with salt and pepper to taste. Stir in parsley to serve.

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT [EMILYRICHARDSCOOKS.CA/](http://EMILYRICHARDSCOOKS.CA/) THE ASSOCIATED PRESS

### Rose Reisman's Swap It

Whether it's movie night or you've just come in from a long day out, pizza snacks are a convenient option. But be careful which ones you choose.



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► Soup isn't your thing? ► Try this quick pasta using frozen Swedish meatballs and fall-inspired vegetables ► Chicken meatballs work, too

### Preparation:

**1** In small bowl, whisk together ketchup, vinegar, soy sauce, sugar and cornstarch until smooth; set aside.

**2** Cook pasta according to package directions, omitting salt; drain and toss with 5 ml (1 tsp) of the oil. Cover to keep warm.

**3** Meanwhile, in a large deep non-stick skillet, heat remaining oil over medium heat; stir-fry onion for 1 to 2 minutes or until softened. Stir in garlic, ginger and meatballs; stir-fry until meatballs are slightly browned, 3 to 4 minutes.

**4** Add broccoli and red pepper; stir-fry for 2 to 3

minutes. Add broth; cover, bring to a boil and cook for 3 to 4 minutes or until broccoli is crisp-tender.

**5** Stir cornstarch mixture. Push ingredients to side

of pan and gradually stir in starch mixture, stirring constantly until thickened. Stir in cooked pasta and heat until hot. Serve in bowls.

THE CANADIAN PRESS/FOODLAND ONTARIO

THE CANADIAN PRESS H/O

### Quick Veggie & Meatball Pasta



► This recipe makes four servings.

### Ingredients:

- 45 ml (3 tbsp) each ketchup and rice wine or cider vinegar
- 30 ml (2 tbsp) each sodium-reduced soy sauce and granulated sugar
- 15 ml (1 tbsp) cornstarch
- 500 ml (2 cups) uncooked curly twisted vegetable pasta
- 30 ml (2 tbsp) vegetable oil
- 1 medium onion, thinly sliced
- 1 clove garlic, minced
- 7 ml (1 1/2 tsp) finely grated ginger root
- 250 g (8 oz) Swedish cooked meatballs (about 500 ml/2 cups)
- 500 ml (2 cups) broccoli florets
- 1 small sweet red pepper, thinly sliced
- 375 ml (1 1/2 cups) beef broth

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## Alouettes limp into CFL playoffs

Suddenly, the road back to the Grey Cup is a more perilous one for the Montreal Alouettes.

The Alouettes begin defence of their CFL title Sunday when they host the Hamilton Tiger-Cats in the East Division semifinal. While Montreal has a number of battle-tested veterans, the club heads into the playoffs having lost three straight games.

The latest defeat was a lopsided 43-1 decision to the B.C. Lions in a game the two-time defending champions needed to win in order to clinch top spot in the division.

Instead, that honour went to the Winnipeg Blue Bombers, who finished the season tied with Montreal with a 10-8 record after a 30-24 loss to Calgary on Saturday, but took top spot after winning the season series.

B.C. cemented first in the West Division with its win over Montreal despite ending the season tied at 11-7 with Edmonton and Calgary. The Lions won the season series with both of the conference rivals.

Edmonton will host Calgary in the West Division semifinal Sunday. The Lions and Bombers both earned the right to host their respective conference finals.

The key for Montreal is quarterback Anthony Calvillo, who led the CFL in passing (5,251 yards) and touchdowns (32). But Calvillo was just 47-of-97 passing for 642 yards with a touchdown and three interceptions in the Alouettes' final three regular-season games.

However, Montreal's late-season troubles weren't relegated to just Calvillo. Opponents outscored the Alouettes 101-53 in those three games.

THE CANADIAN PRESS

# 791

Passing yards for quarterback Drew Tate in Calgary's last three games. Calgary won all three games as Tate completed 63-of-96 passes for four TDs.



► Colorado's Chuck Kobasew swings on the goal post above Flames goalie Miikka Kiprusoff in Denver last night.

## Red-hot in the Rockies

► Led by Kiprusoff's solid play, Flames continue to dominate Avalanche

The Calgary Flames reached the .500 mark last night, but if they played the Colorado Avalanche more often they might have the best record in the NHL.

Miikka Kiprusoff stopped 32 shots, Mark Giordano and Curtis Glen-cross each had a goal, and the Calgary Flames beat the Colorado Avalanche 2-1.

It was Calgary's seventh straight win against the Avalanche, including two this season. Colorado last beat Calgary on Oct. 28, 2010, and since then the Flames have dominated the series.

"It's no secret, we try to play the same way," said Kiprusoff, who has been in net for all seven wins. "It's a divisional game and big points."

Calgary's Alex Tanguay



and Scott Hannan each had an assist against their former team.

Semyon Varlamov had 21 saves and Paul Stastny scored the lone goal for the Avalanche.

The Flames got the tie-breaking goal on a power play early in the second period. With Milan Hejduk off

# 8

Colorado fell to 1-5 on home ice this season after last night. They've scored just eight goals in those six home games.

for tripping, Tanguay threw the puck to the front of the net. The puck bounced off Glencross and by Varlamov to make it 2-1. It was Glencross's fourth goal of the season.

"Tangs tried to pass it me and the puck kind of bounced up and hit me in the arm and it went in," Glencross said.

"I tried to tuck it and cradle it to go around me. It hit me hard and ricocheted in.

I'll take it."

The Avalanche nearly tied it halfway through the frame when Kiprusoff was out of position on a mad scramble in front of the Calgary net. But defenceman Derek Smith made a save on Gabriel Landeskog's shot at the open net to keep the Flames in the lead.

"He's very poised, he doesn't seem to get rattled," Calgary coach Brent Sutter said of Smith. "He's an intelligent player. He just knows how to not panic. It's in his DNA."

Kiprusoff made the lead stand up with another strong performance. He made several key saves in the third, including one on Stastny at the doorstep midway through the frame.

THE ASSOCIATED PRESS

# 4

sports

Quoted



**"We've had an opportunity to play them quite a few times, so they know us, we know them, and it should lead to an exciting, good football game."**

EAGLES COACH ANDY REID, ON HIS TEAM PLAYING THE CHICAGO BEARS TONIGHT. CHICAGO HAS WON THREE OF THE LAST FOUR MEETINGS AFTER LOSING FIVE STRAIGHT TO PHILADELPHIA BETWEEN 1999-2004.



Scan code for more sports news.

## NBA players given offer with expiry date

NBA players have until Wednesday to accept Commissioner David Stern's latest offer, though the response already seems obvious.

"Right now, we've been given the ultimatum, and our answer is that's not acceptable to us," union presi-

dent Derek Fisher said.

But the next proposal promises to be worse, surely moving players and owners even further apart and threatening to destroy the 2011-12 season.

Early yesterday morning, the league said it offered players up to 51 per cent of

basketball-related income — a figure the union insists is fiction. Regardless, it will drop to 47 per cent Wednesday if players don't accept the offer by the league-imposed deadline. No agreement by the deadline likely will trigger more calls to disband the union and take

on the league in court.

"It's fair to say that there are some who believe a vote to decertify is a vote to end the season," said a person familiar with the owners' thinking who spoke to The Associated Press on condition of anonymity.

THE ASSOCIATED PRESS

## NATIONAL HOCKEY LEAGUE

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d-Washington	12	9	3	0	0	48	33	18	6-0-0-0	3-3-0-0	7-3-0-0	L1
Philadelphia	14	8	4	1	1	58	44	18	4-3-1-1	4-1-0-0	5-4-0-1	W1
NY Rangers	13	7	3	1	2	35	28	17	4-1-0-1	3-2-1-1	7-2-0-1	W4
Buffalo	13	8	5	0	0	36	28	16	3-4-0-0	5-1-0-0	6-4-0-0	W2
Tampa Bay	14	7	5	0	2	44	46	16	4-1-0-0	3-4-0-2	6-3-0-1	W2
Florida	13	6	4	0	3	34	36	15	2-1-0-3	4-3-0-0	4-3-0-3	L3
Ottawa	15	7	7	0	1	45	35	15	3-3-0-1	3-3-0-0	5-3-0-1	L2
New Jersey	12	6	5	0	1	30	34	13	3-2-0-1	3-3-0-0	5-3-0-1	W2
Carolina	14	5	6	2	1	35	47	13	3-3-0-1	2-3-2-0	4-4-1-1	L2
Montreal	13	5	6	1	1	34	36	12	2-3-1-1	3-3-0-0	4-4-1-1	L1
Winnipeg	14	5	7	1	1	35	45	12	2-2-0-0	4-4-1-1	4-4-1-1	L2
NY Islanders	11	4	5	1	1	23	29	10	4-3-1-0	0-2-0-1	4-4-1-1	W1
Boston	12	5	7	0	0	34	28	10	3-5-0-0	2-2-0-0	4-6-0-0	W2

## WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	13	10	3	0	0	40	31	20	6-1-0-0	4-2-0-0	8-2-0-0	W3
d-Chicago	14	8	3	1	2	46	42	19	5-1-0-2	3-2-1-0	6-2-1-1	L2
d-Edmonton	13	8	3	0	2	30	22	18	5-1-0-1	3-2-0-1	7-2-0-1	L1
Minnesota	13	7	3	2	1	30	26	17	5-2-0-1	2-1-1-1	6-2-2-0	W4
Nashville	13	7	4	1	1	35	34	16	2-2-0-1	5-2-1-0	5-3-1-1	W2
Phoenix	13	7	4	0	2	38	36	16	4-3-0-1	3-1-0-1	6-3-0-1	W1
San Jose	12	7	4	1	0	37	33	15	2-2-1-0	5-2-0-0	6-3-1-0	L1
Los Angeles	13	6	4	1	2	28	28	15	3-3-0-1	3-1-1-1	5-3-1-1	L4
Colorado	14	7	6	1	0	40	42	15	1-5-0-0	6-1-1-0	4-5-1-0	L3
Vancouver	15	7	7	0	1	45	44	15	3-2-0-1	4-5-0-0	5-5-0-0	W1
Detroit	12	6	5	1	0	29	29	13	4-2-1-0	2-3-0-0	4-5-1-0	W1
Calgary	13	6	6	1	0	30	32	13	3-3-1-0	3-3-0-0	5-4-1-0	W1
Anaheim	14	5	6	1	2	27	41	13	3-2-0-0	2-4-1-2	2-5-1-2	L5
St. Louis	13	6	7	0	0	32	35	12	3-1-0-0	3-6-0-0	5-5-0-0	L1
Columbus	14	2	11	0	1	31	53	5	2-4-0-1	0-7-0-0	2-8-0-0	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

## Yesterday's results

Calgary 2 Colorado 1  
Vancouver 6 Chicago 2  
N.Y. Rangers 3 Winnipeg 0  
Dallas 5 Carolina 2  
Tampa Bay 4 Florida 3 (SO)  
**Saturday's results**  
Boston 7 Toronto 0  
Buffalo 3 Ottawa 2 (SO)  
New Jersey 3 Winnipeg 2 (OT)  
Phoenix 4 Edmonton 2  
Nashville 4 San Jose 3 (OT)  
N.Y. Rangers 5 Montreal 3  
Detroit 5 Anaheim 0  
Minnesota 2 St. Louis 1  
N.Y. Islanders 5 Washington 3  
Philadelphia 9 Columbus 2  
Pittsburgh 3 Los Angeles 2 (SO)

## Tonight's games

**All Times Eastern**  
N.Y. Islanders at Boston, 7 p.m.  
Los Angeles at San Jose, 10:30 p.m.

## Tomorrow's games

Winnipeg at Buffalo, 7 p.m.  
Florida at Toronto, 7 p.m.  
Carolina at New Jersey, 7 p.m.  
Dallas at Washington, 7 p.m.  
Edmonton at Montreal, 7:30 p.m.  
Colorado at Detroit, 7:30 p.m.  
Chicago at St. Louis, 8 p.m.  
Minnesota at Calgary, 9 p.m.  
Nashville at Los Angeles, 10:30 p.m.  
**Wednesday's games**  
N.Y. Rangers at Ottawa, 7:30 p.m.  
Philadelphia at Tampa Bay, 7:30 p.m.  
Nashville at Anaheim, 10 p.m.

6. Vancouver, Hansen 2 (D.Sedin, H.Sedin) 15:50  
7. Vancouver, Hamhuis 2 (H.Sedin, Edler) 17:50 (pp)  
**Penalties** — Bickell Chi (boarding) 3:53, Lapierre Vcr (unsportsmanlike conduct) 6:53, Alberts Vcr (holding) 9:39, Volpatti Vcr, Carrillo Chi (fighting) 13:00, Stalberg Chi (high-sticking) 16:11, Bieksa Vcr, Mayers Chi (fighting) 20:00.  
**Third Period**  
8. Vancouver, H.Sedin 5 (Edler, D.Sedin) 9:26 (pp)  
**Penalties** — Higgins Vcr (holding) 0:50, Rome Vcr (roughing), Carrillo Chi (roughing, unsportsmanlike conduct) 9:06.

**Shots**  
Vancouver 17 13 8 38  
Chicago 9 20 11 40  
**Goal** — Vancouver: Luongo (W,5-4-1); Chicago: Crawford (L,6-3-2). **Power plays (goals-chances)** — Vancouver: 5-6; Chicago: 0-5.  
**Referees** — Don Van Massenhoven, Dan O'Rourke. **Linesmen** — Mike Cwik, Andy McElman. **Att.** — 21,883 (19,717) at Chicago.

## FLAMES 2, AVALANCHE 1

**First Period**  
1. Colorado, Stastny 4 (O'Brien, Duchene) 0:34  
2. Calgary, Giordano 2 (Hannan, Kostopoulos) 5:19  
**Penalties** — Jackson Cal, McLeod Col (fighting) 2:28.

**Second Period**  
3. Calgary, Giordano 4 (Tanguay, Iginla) 5:54 (pp)  
**Penalties** — Hejdouk Col (tripping) 4:45, Tanguay Cal (tripping) 16:26.

**Third Period**  
No Scoring.  
**Penalty** — Hannan Cal (tripping) 19:44.

**Shots**  
Calgary 5 11 7 23  
Colorado 9 9 15 33  
**Goal** — Calgary: Kiprusoff (W,6-4-0); Colorado: Varlamov (L,5-5-1). **Power plays (goals-chances)** — Calgary: 1-1; Colorado: 0-2.  
**Referees** — Dennis LaRue, Wes McCauley. **Linesmen** — Brad Kovachik, Dan Schachte. **Att.** — 15,356 (18,007) at Denver.

## SATURDAY

## RANGERS 5, CANADIENS 3

**First Period**  
1. N.Y. Rangers, Christensen 1 (Stepan, Gaborik) 4:57 (pp)  
2. N.Y. Rangers, Girardi 2 (Anisimov, Christensen) 10:28  
3. N.Y. Rangers, Del Zotto 2 (Stepan, Anisimov) 17:40  
**Penalties** — Pacioretty Mtl (boarding) 1:24, Gill Mtl, Dubinsky NYR (roughing), Nokelainen Mtl, Sauer NYR (fighting, game misconduct), Blunden Mtl (interference, fighting), Montreal bench (too many men served by Darche), R.Callahan NYR (fighting) 4:38, Desharnais Mtl (hooking) 8:21, Desharnais Mtl (tripping) 10:48.  
**Second Period**  
4. Montreal, Pacioretty 5 (Gionta, Plekanec) 0:24  
5. Montreal, Kostitsyn 5 (Plekanec, Cammalleri) 12:20 (pp)  
6. N.Y. Rangers, Richards 4 (Prust, Deveaux) 18:50  
**Penalties** — Plekanec Mtl (hooking) 0:45, Gionta Mtl (high-sticking) 8:17, McDonagh NYR (holding) 10:40, Lundqvist NYR (holding; served by Fedotenko) 11:48, Weber Mtl (high-sticking) 14:56.  
**Third Period**  
7. Montreal, Gionta 3 (Spacek, Plekanec) 18:10  
8. N.Y. Rangers, R.Callahan 6 (McDonagh, Dubinsky) 19:21 (en)  
**Penalty** — Subban Mtl (unsportsmanlike conduct) 13:19.  
**Shots**  
Montreal 3 13 12 28  
N.Y. Rangers 16 6 7 29  
**Goal** — Montreal: Price (L,5-5-2); N.Y. Rangers: Lundqvist (W,4-3-3). **Power plays (goals-chances)** — Montreal: 1-2; N.Y. Rangers: 1-9.  
**Referees** — Dean Morton, Tim Peel. **Linesmen** — Pierre Champoux, Jay Sharrers. **Att.** — 18,200 (18,200) at New York.

## RANGERS 3 JETS 0

**First Period**  
No Scoring.  
**Penalties** — Gaborik NYR (cross-checking) 8:07, Anisimov NYR (hooking) 15:31.  
**Second Period**  
1. N.Y. Rangers, Stepan 2 (Gaborik, Del Zotto) 10:01 (pp)  
**Penalties** — Stepan NYR (interference) 3:10, Ladd Wpg (holding) 6:54, Ladd Wpg (high-sticking) 9:36.  
**Third Period**  
2. N.Y. Rangers, Gaborik 6 (Stepan, Anisimov) 8:31  
3. N.Y. Rangers, Gaborik 7 (Anisimov) 19:58 (en)  
**Penalties** — Festerling Wpg (cross-checking) 1:14, Flood Wpg (tripping) 2:12, Stuart Wpg (high-sticking) 2:43, Boyle NYR (high-sticking) 10:12, Burmistrov Wpg (hooking) 12:34.  
**Shots**  
Winnipeg 9 7 7 23  
N.Y. Rangers 5 8 14 27  
**Goal** — Winnipeg: Pavelec (L,4-5-2); N.Y. Rangers: Biron (W,3-0-0). **Power plays (goals-chances)** — Winnipeg: 0-4; N.Y. Rangers: 1-6.  
**Referees** — Dave Jackson, Kyle Rehman. **Linesmen** — Steve Barton, Jay Sharrers. **Att.** — 18,200 (18,200) at New York.

## CANUCKS 6, BLACKHAWKS 2

**First Period**  
1. Vancouver, Booth 1 (Hodgson, Higgins) 6:00 (pp)  
2. Chicago, Frolik 3 (Hjalmarsson) 12:57  
**Penalties** — Seabrook Chi (interference) 4:17, Booth Vcr (hooking) 10:09, Alberts Vcr (elbowing) 14:06, Carrillo Chi (high-sticking) 15:28, Kane Chi (roughing) 19:42.  
**Second Period**  
3. Vancouver, Rome 1 (Hodgson, Booth) 1:16 (pp)  
4. Vancouver, D.Sedin 6 (H.Sedin, Hamhuis) 4:40 (pp)  
5. Chicago, Kruger 2 (Mayers, Stalberg) 15:07

## NFL

## WEEK NINE

## AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	5	3	0	.625	222	184
N.Y. Jets	5	3	0	.625	199	163
Buffalo	5	3	0	.625	222	174
Miami	1	7	0	.125	138	169
SOUTH	W	L	T	Pct	PF	PA
Houston	6	3	0	.667	236	157
Tennessee	4	4	0	.500	156	169
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	9	0	.000	128	283
NORTH	W	L	T	Pct	PF	PA
Baltimore	6	2	0	.750	208	130
Cincinnati	6	2	0	.750	195	140
Pittsburgh	6	3	0	.667	196	162
Cleveland	3	5	0	.375	119	170

WEST	W	L	T	Pct	PF	PA
Kansas City	4	4	0	.500	131	201
San Diego	4	4	0	.500	199	204
Oakland	4	4	0	.500	184	216
Denver	3	5	0	.375	171	224

## NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	6	2	0	.750	198	184
Dallas	4	4	0	.500	179	175
Philadelphia	3	4	0	.429	179	152
Washington	3	5	0	.375	127	158
SOUTH	W	L	T	Pct	PF	PA
New Orleans	6	3	0	.667	287	205
Atlanta	5	3	0	.625	189	170
Tampa Bay	4	4	0	.500	147	196
Carolina	2	6	0	.250	187	207
NORTH	W	L	T	Pct	PF	PA
Green Bay	8	0	0	1.000	275	179
Detroit	6	2	0	.750	239	147
Chicago	4	3	0	.571	170	150
Minnesota	2	6	0	.250	172	199

**WEST**  
San Francisco 7 1 0 .875 206 118  
Seattle 2 6 0 .250 122 185  
Arizona 2 6 0 .250 162 196  
St. Louis 1 7 0 .125 100 211  
**Byes:** Carolina, Detroit, Jacksonville, Minnesota

**Yesterday's results**  
Dallas 23 Seattle 13  
Miami 31 Kansas City 3  
New Orleans 27 Tampa Bay 16  
Houston 30 Cleveland 12  
San Francisco 19 Washington 11  
N.Y. Jets 27 Buffalo 11  
Atlanta 31 Indianapolis 7  
Denver 38 Oakland 24  
Cincinnati 24 Tennessee 17  
Green Bay 45 San Diego 38  
Arizona 19 St. Louis 13 (OT)  
N.Y. Giants 24 New England 20  
Baltimore 23 Pittsburgh 20  
**Tonight's game**  
**All Times Eastern**  
Chicago at Philadelphia, 8:30 p.m.

## WEEK 10

**Thursday, Nov. 10**  
Oakland at San Diego, 8:20 p.m.  
**Sunday, Nov. 13**  
Buffalo at Dallas, 1 p.m.  
Denver at Kansas City, 1 p.m.  
Washington at Miami, 1 p.m.  
St. Louis at Cleveland, 1 p.m.  
Arizona at Philadelphia, 1 p.m.  
Tennessee at Carolina, 1 p.m.  
Pittsburgh at Cincinnati, 1 p.m.  
Houston at Tampa Bay, 1 p.m.  
New Orleans at Atlanta, 1 p.m.  
Jacksonville at Indianapolis, 1 p.m.  
Baltimore at Seattle, 4:05 p.m.  
N.Y. Giants at San Francisco, 4:15 p.m.  
Detroit at Chicago, 4:15 p.m.  
New England at N.Y. Jets, 8:20 p.m.  
**Monday, Nov. 14**  
Minnesota at Green Bay, 8:30 p.m.

## CFL

## WEEK 19

EAST DIVISION	GP	W	L	T	PF	PA	Pt
y-Winnipeg	18	10	8	0	432	432	20
x-Montreal	18	10	8	0	515	468	20
x-Hamilton	18	8	10	0	481	478	16
Toronto	18	6	12	0	397	498	12
WEST DIVISION	GP	W	L	T	PF	PA	Pt
y-B.C.	18	11	7	0	511	385	22
x-Edmonton	18	11	7	0	427	401	22
x-Calgary	18	11	7	0	511	476	22
Saskatchewan	18	5	13	0	346	482	10

x — clinched playoff berth; y — clinched division.  
**Saturday's results**  
B.C. 43 Montreal 1  
Calgary 30 Winnipeg 24  
**Friday's result**  
Edmonton 23 Saskatchewan 20

**Thursday's result**  
Toronto 33 Hamilton 16  
**END OF REGULAR SEASON**

## PLAYOFFS

All Times Eastern

## DIVISION SEMIFINALS

**Sunday, Nov. 13**  
**EAST**  
**Bye:** Winnipeg  
Hamilton at Montreal, 1 p.m.  
**WEST**  
**Bye:** B.C.  
Calgary at Edmonton, 4:30 p.m.

## SATURDAY

## STAMPEDERS 30, BOMBERS 24

**First Quarter**  
Cal — FG Paredes 47 2:50  
Cal — TD Cornish 4 run (Paredes convert) 11:04  
Cal — TD Rambo 11 pass from Tate (Paredes convert) 15:00  
**Second Quarter**  
Cal — TD Burris 1 run (Paredes convert) 7:09  
Wpg — TD Garrett 2 run (Palardy convert) 11:23  
Wpg — TD Denmark 18 pass from Brink (Palardy convert) 14:17  
Wpg — FG Palardy 39 14:42  
**Third Quarter**  
Cal — FG Paredes 44 8:33  
**Fourth Quarter**  
Wpg — TD Brink 1 run (Palardy convert) 3:58  
Cal — FG Paredes 37 8:16  
Winnipeg 0 17 0 7 24  
Calgary 17 7 3 3 30  
**Attendance** — 29,076 at Calgary.

## LIONS 43, ALOUETTES 1

**First Quarter**  
Mtl — Single Whyte 64 4:49  
B.C. — TD Harris 11 pass from Lulay (McCallum convert) 8:05  
B.C. — TD Harris 33 pass from Lulay (McCallum convert) 11:14  
**Second Quarter**  
B.C. — TD Gore 7 pass from Lulay (McCallum convert) 6:57  
B.C. — FG McCallum 27 13:35  
**Third Quarter**  
B.C. — TD Harris 7 pass from Lulay (McCallum convert) 3:38  
B.C. — FG McCallum 38 10:31  
**Fourth Quarter**  
B.C. — FG McCallum 32 0:13  
B.C. — FG McCallum 18 6:05  
B.C. — FG McCallum 32 13:53  
Montreal 1 0 0 0 1  
B.C. 14 10 10 9 43  
**Attendance** — 35,454 at Vancouver.

## SOCCER

## MLS PLAYOFFS

## EASTERN CONFERENCE FINAL

**Yesterday's result**  
Houston 2 Kansas City 0

## WESTERN CONFERENCE FINAL

**Last night's result**  
Los Angeles 3 Real Salt Lake 1

## MLS CUP

**Sunday, Nov. 20**  
**At Carson, Calif.**  
Houston vs. Los Angeles, 9 p.m.

## ENGLAND

## PREMIER LEAGUE

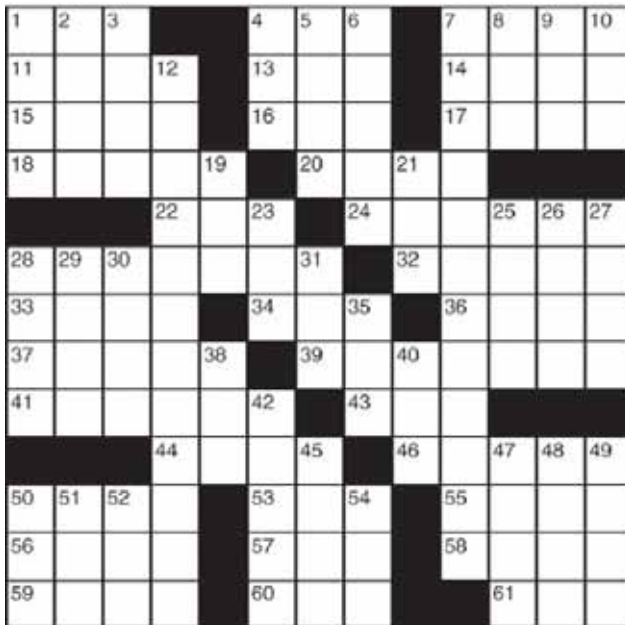
Team	GP	W	D	L	GF	GA	Pts
Manchester City	11	10	1	0	39	10	31
Manchester United	11	8	2	1	28	12	26
Newcastle	11	7	4	0	17	8	25
Chelsea	11	7	1	3	24	15	22
Tottenham	11	7	1	2	21	15	22
Liverpool	11	5	4	2	14	10	19
Arsenal	11	6	1	4	23	21	19
Aston Villa	11	3	6	2	16	15	15
Norwich	11	3	4	4	16	18	13
Swansea	11	3	4	4	12	15	13
QPR	11	3	3	5	10	20	12
Leke	11	3	3	5	10	18	12
Wolverhampton	11	3	2	6	12	18	11
West Brom	11	3	2	6	9	16	11
Sunderland	11	2	4	5	14	13	10
Fulham	11	2	4	5	14	15	10
Everton	11	3	1	6	11	15	10
Bolton	11	3	0	8	18	27	9
Blackburn	11	1	3	7	13	24	6
Wigan	11	1	2	8	7	20	5



## Crossword

### Across

- 1 Wrigley product  
4 Cleopatra's snake  
7 Highway  
11 From the start  
13 Zero  
14 Loosen  
15 Peru's capital  
16 Genetic evidence  
17 Gas in signs  
18 Coral ring  
20 Potter's oven  
22 Youngster  
24 Rid of frost  
28 Custodian  
32 Battery terminal  
33 Prayer ending  
34 Card player's call  
36 Stefani Germanotta, a.k.a. Lady —  
37 Neighbor of Leo and Libra  
39 Klutz  
41 Makes sense  
43 Chinese "way"  
44 Jog  
46 Peppermint —  
50 Bamako's country  
53 Knight's address  
55 Comical Caroline  
56 Grand story  
57 Anger  
58 Sketch  
59 Tech whiz  
60 Danson or Nugent  
61 Coffee vessel
- Down**  
1 Big party  
2 Troop group  
3 Note  
4 Moreover  
5 Go under  
6 Tartan pattern  
7 Feature near the

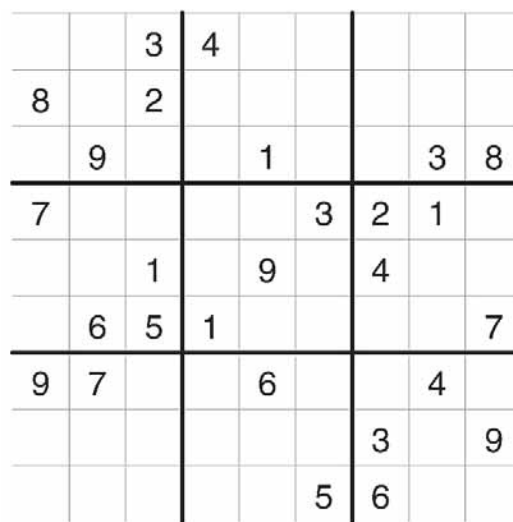


- door of a really old car  
8 Indivisible  
9 Commotion  
10 Get dressed in  
12 Cane  
19 Torched  
21 Meadow  
23 Pooch  
25 Furnace fuel  
26 Rim  
27 Darling  
28 Coffee, slangily  
29 Surrounded by  
30 Uncool sort  
31 Cage component  
35 Pecan or almond
- 38 "— Town"  
40 Atlas page  
42 Suggest  
45 Grow weary  
47 By way of, for short  
48 Rip  
49 Show boredom  
50 "Family Guy" daughter  
51 Gorilla  
52 Whopper  
54 Crimson

### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's answer ►

7	9	6	3	5	1	8	2	4
1	2	3	8	6	4	9	5	7
8	4	5	2	7	9	1	3	6
5	3	2	6	8	7	4	1	9
6	1	9	4	2	3	7	8	5
4	8	7	9	1	5	3	6	2
9	5	4	1	3	6	2	7	8
3	6	8	7	4	2	5	9	1
2	7	1	5	9	8	6	4	3

## A look at the weather

TODAY	TUESDAY	WEDNESDAY
Min -8° Max 1°	Min -11° Max 0°	Min -11° Max 0°

### Andrew Schultz, Meteorologist

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 5:30AM



## Today's horoscope

- ♈ **Aries** March 21-April 20  
There is every possibility that you will come up with an idea that could change your life today.
- ♉ **Taurus** April 21-May 21  
Don't be scared to blow your own trumpet this coming week.
- ♊ **Gemini** May 22-June 21  
If there is something important that you need to say then say it now.
- ♋ **Cancer** June 22-July 22  
You will be much more confident about your ideas over the next few days.
- ♌ **Leo** July 23-Aug. 23  
You need to be more open about your

- thoughts and feelings, especially if you are the kind of Leo who likes to project an image of self-control.
- ♍ **Virgo** Aug. 24-Sept. 22  
You will find it easy to win friends and influence people today.
- ♎ **Libra** Sept. 23-Oct. 23  
You have been worrying about your money situation for no good reason.
- ♏ **Scorpio** Oct. 24-Nov. 22  
Speak up and let employers and other important people know what you think about what's been going on, both in your work place and in the wider world.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

- ♐ **Sagittarius** Nov. 23-Dec. 21  
There is a time and a place for work and a time and a place for play and the two should be kept as far apart as possible today.
- ♑ **Capricorn** Dec. 22-Jan. 20  
Find something positive to say about everyone you meet.
- ♒ **Aquarius** Jan. 21-Feb. 18  
No matter how difficult the challenges you have to face this coming week you will overcome them with ease.
- ♓ **Pisces** Feb. 19-March 20.  
Say what is on your mind, even at the risk of offending people.
- © SALLY BROMPTON

## Caption contest



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**WIN! You write it!**

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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